

THE FRONT PORCH

All the happy happenings at Cotton Grove Estate



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Dehydration In Seniors: An Often-Overlooked Health Risk

Drinking enough water is important for everyone, but especially for older adults, who are at greater risk for dehydration, as they naturally have less water in their bodies.

Seniors are likely to have health conditions or take medicines that increase their risk of dehydration – like blood pressure medications that flush water from the body.

In addition, seniors are typically less sensitive to the feeling of being thirsty, have a decreased ability to keep fluid levels in balance within the body, have less efficient kidneys, and often take medications that cause side effects like diarrhea or excessive sweating.

So it's not surprising that a [UCLA study](#) found 40% of seniors may be chronically under-hydrated.



Dehydration is very dangerous for senior health - adults age 65 and up have the highest hospital admission rates for dehydration. It can cause a variety of serious health problems, including urinary tract infections (UTI), falls, kidney stones, and more.

Early dehydration symptoms in older adults often go unrecognized because many of the signs of mild dehydration could easily be caused by other health conditions or medication side effects.

But it's far easier to correct mild dehydration than deal with the complications of serious dehydration. And being familiar with the signs can help you take action sooner rather than later.

Mild Dehydration Symptoms:

- Dry mouth
- Dark-colored urine or very small amount of urine
- Fatigue
- Dizziness
- Muscle cramps in limbs
- Headaches
- Feeling weak or unwell
- Being sleepy or irritable

Serious Dehydration Symptoms:

- Low blood pressure
- Confusion
- Difficulty walking
- Fast, but weak pulse
- Bloating stomach
- Wrinkled skin with no elasticity
- Dry and sunken eyes
- Breathing faster than normal
- Severe cramping and muscle contractions in the body
- Convulsions





For the average person, a general rule of thumb is to take one-third of the person's body weight in pounds and drink that number of ounces of water. For example, a 150-pound person would need 50 ounces of water daily, which is about six 8-ounce glasses. Of course, if the weather is very hot or dry, they'd need to compensate by drinking more water than usual.

However, because each older adult takes different medications and has different health conditions, it's important to talk with their doctor to find out how much water is best for their body.

For **6 Ideas to Get Seniors to Drink More Water**, visit [DailyCaring.com](https://www.dailycaring.com).

Resurgence In COVID-19 Cases Prompts Heightened Safety Measures

With the recent resurgence of COVID-19 cases in Wayne County and the surrounding area, Cotton Grove Estate has again instituted heightened precautionary measures in an effort to keep our residents and staff as safe as possible.

We are closely following safety measures outlined by the CDC, and going above and beyond to combat the virus. All staff members, whether vaccinated or unvaccinated, are advised to wear a face mask at all times.

Please note that if you wish to visit a resident for the time being, visitations are being held outdoors. And while we typically say, "Don't call before you come," it is best to let us know ahead of time if you plan to stop by. This allows us to closely monitor the number of guests on the property at any given time.

Thank you for your patience, understanding, and attention to these guidelines. Your continued support during such a difficult time is greatly appreciated!



Happy 100th Birthday, Mr. Blanton!

The entire team at Cotton Grove Estate is excited to join in celebrating one of our treasured residents, Mr. J.W. Blanton, who turns 100-years-old on August 6th!

Mr. Blanton has done a whole lot of living in his 100 years, and he has much to show for it, with two daughters, three grandsons, three great-granddaughters, and a great-grandson.

He is also a veteran who served proudly in the US Navy. When his service with the military ended, he returned home, married Mrs. Dot Blanton, and went to work for the Department of Transportation.

Mr. Blanton retired from the DOT in 1974, but only stayed home one week before taking a position with the Wayne County Road Department, where he worked for another 15 years. After that, he took a position with the Waycross Road Department for 10 more years.

"He loves working and loves people," said his daughter, Joy Ogden. "He has been the best father, and grandfather, and great-grandfather."

Even with such a long and successful career, Mr. Blanton remained extremely active at the First Freewill Baptist Church, where he served as a deacon for many years.

Perhaps his favorite pastime was spending long hours on the weekends with his grandsons. "He would do anything they wanted!" said Joy.

Indeed, everyone who has the pleasure of knowing Mr. Blanton can attest that he is truly one-of-a-kind. We are overjoyed to be able to wish him a very happy centennial birthday!





A Message From Anna

Dear family and friends,

I must begin this note to you by expressing how incredibly proud I am of the Cotton Grove team for weathering another resurgence of COVID-19 with unmatched grit and determination.

Many members of our caregiving team have been personally affected by the virus, and those who have not been have picked up the slack in a major way to maintain our operations while we have been understaffed.

I am pleased to report that our efforts have not been in vain - we have not lost a single resident to this recent uptick in Coronavirus cases; our cottages remain full of seniors who are comfortable, content, and spending their golden years in the lap of luxury.

I can't help but be reminded that even during such a difficult time, we still have a tremendous amount to be thankful for.

Thank you for your unyielding support; it means the world to us as we do our best to navigate this period of illness and exhaustion. As always, we are humbled that you entrust us with the care of your precious loved ones, and we will continue to love them and keep them as our own.

Warmly,

Anna Pittard
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ANNA JONES PITTARD
OWNER, COTTON GROVE ESTATE